

# Orange: Sweet Potatoes

Unlike yams, which contain no vitamin A, sweet potatoes are an excellent source of vitamin A.

In fact, no other vegetable contains more vitamin A than sweet potatoes do.

## Skillet Glazed Sweet Potatoes

A background image of several sweet potatoes, some whole and some sliced, arranged diagonally across the frame. The image is framed by a thick orange border.

### **Ingredients:**

1/2 cup brown sugar

1/3 cup water

1 tablespoon butter

1/4 teaspoon salt

3 medium sweet potatoes, cooked, peeled, and sliced

### **Preparation:**

In a heavy skillet, combine brown sugar, water, butter, and salt.

Simmer for 5 minutes.

Add sliced sweet potatoes.

Simmer for 10 minutes, turning frequently.

Serves 4.

1/2 cup provides 1 serving of vegetables.

